

Sweet & Sour Pasta Salad

- 1 package (12oz) EDEN Organic Kamut Vegetable Spirals or any EDEN Organic Spirals
- 1 can (15oz) EDEN Organic Kidney Beans, drained
- 1 can (15oz) EDEN Organic Garbanzo Beans, drained
- 1 can (15oz) EDEN Organic Black Beans, drained or EDEN Organic Black Soybeans
- 1/2 cup green onions, finely chopped
- 1/4 cup red onion, finely minced
- 1 medium cucumber, chopped
- 1 medium red bell pepper, chopped



Dressing:

- 1/3 cup EDEN Brown Rice Vinegar
- 1/4 cup EDEN Extra Virgin Olive Oil
- 1 1/2 Tablespoons dried basil
- 2 Tablespoons EDEN Organic Barley Malt Syrup
- 2 Tablespoons organic maple syrup
- 2 Tablespoons EDEN Organic Shoyu Soy Sauce

Cook pasta as package directs. Rinse, drain, and place in a bowl. Add beans and vegetables. Prepare dressing. Mix into salad. Serves 8.

Per serving: 353 Calories, 8g Fat (21% calories from fat), 14g Protein, 57g Carbohydrate, 10g Fiber, 0mg Cholesterol, 372mg Sodium

Oat Bars

- 2 cups EDEN Organic Oat Flakes or any EDEN Organic Whole Grain Flakes
- 1/2 cup EDEN Organic Barley Malt Syrup
- 1/3 cup organic almond butter
- 1/2 teaspoon cinnamon
- 1/2 teaspoon pure vanilla extract
- 1/2 cup EDEN Organic Tamari Roasted Almonds, coarsely chopped



Place all ingredients in a mixing bowl. Moisten your hands slightly and mix all ingredients thoroughly. Moisten your hands occasionally, to prevent sticking, and form the mixture into equal sized balls or bars. No Bake! Arrange on a serving platter. Serves 24.

Walnuts, Pecans, Hazelnuts or any other nuts can also be substituted or combined in this recipe.

Per serving 85 Calories, 4g Fat (38% calories from fat), 3g Protein, 11g Carbohydrate, 2g Fiber, 0mg Cholesterol, 76mg Sodium

Candied Parsnips & Sweet Potatoes with Greens

- 3 parsnips, cut into 2 inch chunks
- 2 sweet potatoes, cut into 2 inch chunks
- 2 teaspoons EDEN Extra Virgin Olive Oil
- 2 teaspoons EDEN Organic Shoyu Soy Sauce
- 2 Tablespoons balsamic vinegar
- 3 Tablespoons EDEN Organic Barley Malt
- Grated zest of 1 lemon
- 1 small bunch greens, (broccoli rabe, watercress, mustard, collard, or dandelion)



Preheat oven to 350°. Combine parsnips and sweet potatoes in a large mixing bowl. Add oil, soy sauce, vinegar, malt, and lemon zest. Mix well to coat the vegetables. Transfer vegetables to shallow baking dish, taking care not to overlap too much (this will cause uneven baking). Cover and bake for 35 minutes. Remove cover and bake for another 15 to 20 minutes, until the veggies are tender and the edges are browned.

Meanwhile, bring a large pot of water to a boil and cook greens until crisp, about 2 to 3 minutes. Drain well and cut into bite-size pieces. To serve, arrange greens on a platter and mound roasted parsnips and sweet potatoes on top. Garnish with lemon wedges. Serves 6.

Per Serving 126 Calories, 2g Fat (13% calories from fat), 2g Protein, 26g Carbohydrate, 4g Fiber, 0mg Cholesterol, 122mg Sodium

Sweet Black Soybeans

- 1 can (15oz) EDEN Organic Black Soybeans, drained
- 1 1/2 Tablespoons EDEN Organic Barley Malt Syrup
- 1/2 teaspoon EDEN Organic Shoyu Soy Sauce, or to taste

Place beans, barley malt, and shoyu in a saucepan. Bring to a boil, reduce flame to medium, simmer for 5 to 10 minutes until most of the liquid has evaporated. Serves 8.

Per serving: 163 Calories, 7g Fat (34% calories from fat), 13g Protein, 16g Carbohydrate, 8g Fiber, 0mg Cholesterol, 90mg Sodium



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Barley MALT

Traditionally Malted



A great tasting, more intelligent sweetener.

Organic barley, sprouted, kiln roasted, and cooked.

An ancient process using only the enzymes made by the grain itself in the process of sprouting.

Precious Difference Traditional Malting

Traditional malting is a simple and wondrous process that transforms grain into wholesome sweetness. EDEN® Organic Barley Malt Syrup is a traditionally malted, clean tasting, nourishing sweetener. It's wholesome food.



There are only two ingredients in our Barley Malt Syrup, certified organic barley, grown on USA family farms by those committed to cleansing the environment and producing delicious, nourishing, safe food, and pure water.

Whole barley is sprouted, kiln roasted, cured, cooked, and slowly concentrated to a thick, versatile sweetener with hundreds of uses.

Delicious over hot or cold cereal, on pancakes, in baked goods, for making baked beans, popcorn balls, caramel corn, marinades, vinaigrettes, candied vegetables and more. EDEN Barley Malt Syrup is 76% maltose, 16% glucose, 6% sucrose and 2% fructose. Unlike refined sugars (cane sugar, 'evaporated cane juice', corn syrup, etc.) that are undesirable, EDEN Barley Malt Syrup is a balanced slower burning sweetener. Please enjoy it's rich, natural, good for you sweetness.



To replace sugar use 1/4 cup less liquid in your recipe for each cup of barley malt.

Cherry Pecan Bread

- 2 cups organic whole wheat pastry flour
- 1/2 cup organic corn flour
- 2 teaspoons non-aluminum baking powder
- 1/4 teaspoon EDEN Sea Salt
- 2 teaspoons grated orange peel, optional
- 1/2 cup orange juice, freshly squeezed
- 1/4 cup EDEN Extra Virgin Olive Oil
- 1/3 cup EDEN Organic Barley Malt Syrup
- 2 cups EDENSOY® Original or EDENSOY EXTRA Original
- 1/2 cup pecans, chopped
- 1/2 cup EDEN Dried Montmorency Cherries, chopped, or EDEN Organic Dried Cranberries



Preheat oven to 350°. Mix together all the dry ingredients. Mix the wet ingredients and blend in with the dry. Fold in the pecans and dried cherries. Lightly oil a cake pan and pour in the batter. Bake for 25 to 30 minutes. Remove and allow to cool before slicing. Serves 12.

Per serving 151 Calories, 7g Fat (40% calories from fat), 3g Protein, 21g Carbohydrate, 1g Fiber, 0mg Cholesterol, 133mg Sodium

Caramel Corn Mix Up

- 1/2 cup EDEN Organic Popcorn
- 3 Tablespoons EDEN Extra Virgin Olive Oil
- 1/2 teaspoon EDEN Sea Salt, optional
- 2 packages (8oz) EDEN All Mixed Up, EDEN All Mixed Up Too or EDEN Wild Berry Mix
- 1/2 cup EDEN Organic Barley Malt Syrup
- 1/2 cup organic maple syrup



Pop corn according to the package directions and place in a large mixing bowl with the snack mix. Bring the syrups almost to a boil in a small saucepan. Reduce flame to low and simmer 5 to 7 minutes, stirring often. Pour the syrup over the corn mixture and mix to evenly coat.

Preheat oven to 350°. Spread the mixture on a large baking sheet and bake 3 to 5 minutes. Over baking will cause the syrup to burn. Immediately remove the caramel corn from the sheet to prevent sticking to the sheet and place in a serving bowl. Serves 8.

Per Serving 349 Calories, 27g Fat (53% calories from fat), 10g Protein, 44g Carbohydrate, 6g Fiber, 0mg Cholesterol, 185mg Sodium

The Best Pecan Pie

Crust:

- 1 1/2 cups organic whole wheat pastry flour
- 1/4 teaspoon EDEN Sea Salt
- 1/4 cup EDEN Extra Virgin Olive Oil
- 1/2 cup EDENBLEND®

Preheat oven to 350°. Combine flour and salt in a mixing bowl. Add oil and mix until it's the consistency of corn meal. Add EDENBLEND and form into a ball of dough. Roll out the dough, and place in a 9 inch pie plate. Trim excess dough, and crimp edges with your fingers.



Pecan Filling:

- 1 1/4 cups EDEN Organic Barley Malt
- 1/2 cup EDENSOY Vanilla
- 1 Tablespoons EDEN Extra Virgin Olive Oil
- 2 Tablespoons EDEN Agar Agar Flakes
- 2 teaspoons pure vanilla extract
- 3 cups pecans, coarsely chopped



Place malt, EDENSOY, oil, and agar agar flakes in a saucepan. Cook over a low flame, stirring frequently, until the agar dissolves, about 15-20 minutes. Turn flame to high, and cook until the mixture foams. Remove from flame, whisk in the vanilla, and stir in the pecans. Pour into pie shell. Bake pie for 30 minutes. Remove, and allow to cool for 1 hour. As it cools, the filling will set. Serves 8.

Per Serving 390 Calories, 24g Fat (53% calories from fat), 5g Protein, 42g Carbohydrate, 2g Fiber, 0mg Cholesterol, 72mg Sodium



The EDEN Difference

- Sweetness Without Refined Sugar
- Versatile, Delicious, and Nutritious
- A Rare Sweetener, Not From GEO Enzymes
- Certified Organically Grown and Processed
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